

Bavarian News

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TEEN EMPLOYMENT

Summer hire alternatives available

by ADRIANE FOSS
Bavarian News editor

Although nearly all of the 240 summer jobs available to garrison community youth have been filled, all is not lost.

For the creative seeker, there are several alternatives, including baby-sitting, walking dogs, housekeeping, and mowing lawns.

Teenagers who wish to be employed as baby-sitters, for example, can attend the American Red Cross

Babysitting, other options exist despite full program

Baby-sitters Training course. Those who successfully complete the course will be added to a referral list, said Tracy Svalina, assistant station manager at the Vilseck Red Cross.

Parents seeking baby-sitters can pick up the referral list from their local Child and Youth Services.

The garrison does not require persons to take the course in order to baby-sit on post, but it is highly recommended, said Svalina, who has

taught the course for over a year. She also said that sitters must take the course in order to be included on the referral list.

The seven-hour class teaches leadership, responsibility, basic child care, and first aid.

"It instructs sitters on what is expected of them – professionalism, appropriate dress, decision making, feeding, burping, toileting, diapering, and basic first aid," she said.

"Baby-sitting is more than just showing up at the door and leaving when it's time to go with money in your pocket," she said. "We teach them that you have to keep the kids engaged and have fun at the same time, not just sit down and watch TV."

Another key lesson sitters learn during the course is the importance of knowing a physical home address.

"You would be surprised at how many kids know their APO or a

building number, but do not know a physical address," said Svalina.

She said because German ambulances respond to incidents where patients must be taken to an emergency room, knowing exact locations and even cross streets can be crucial.

Svalina said feedback from those who have completed the training has been positive.

See **JOBS** Page 13

SCHOOL NEWS

Vilseck High students get new dress code

by ADRIANE FOSS
Bavarian News editor

Vilseck American High School has introduced a new student dress code for the 2006-2007 year.

The dress code overhaul was the result of what assistant school principal Joanne Atwood called an extremely vague and problematic old code.

"The old dress code really caused us a lot of problems," said Atwood, who is retiring to the United States this year. "It left so much open for interpretation. Even the teachers didn't agree on it."

Atwood said at least one student a day was referred to the office for what faculty members interpreted as inappropriate dress.

In addition to the unclear guidelines in the previous code, Atwood said safety had become a big issue.

She said with the massive amount of construction going on at the school and the increased student population, seemingly harmless summer footwear became cause for concern on the crowded stairwells.

"For example, we took flip flops out of the dress code because students coming down the stairs were getting them stepped on or tripping on them," she said.

The Details

The new dress code will go into effect in August.

Students, teachers, parents, and command reps drafted four versions of the dress code.

Only 10 percent of surveyed families provided feedback on the proposed code

See Page 13 for a full version of the new code.

See **SCHOOL** Page 13



Are YOU up to the challenge?

Kristin Issertell, 16, is fitted into a 75-pound "EOD 8" bomb suit by Sgt. Jonathan Ferraro, 702nd EOD, during a June 21 Military Experience exercise at USAG Grafenwoehr's Camp Heritage.

The exercise was part of the week-long Camp A.R.M.Y. Challenge for children of deployed service members.

For the full story and photos, see Page 4

Photo by Nick D'Amario

Teen Center events chase away summer boredom

by CASEY THOMAS
Staff writer

The Vilseck and Grafenwoehr teen centers are offering various summer activities for community youth ages 11-18.

Summer excursions that will allow kids to experience area culture firsthand began this month and will run through August.

The trips will include visits to Nurnberg, Amberg, and Weiden. A trip to the nation's

capital, Berlin, is scheduled July 21-22, and a camping trip to the beautiful lakeside city of Chiemsee is scheduled July 27-29.

The teen centers are conducting various middle school morning camps for sixth through eighth graders. Activities will include swimming, hiking, sports activities, bowling, caving, horseback riding, and hiking. The middle school camps will run through August.

In addition to the fun-filled activities, participants say the centers are a great place to

hang out and meet new people.

"Everyone feels welcome here and no one is left out," said Jazmine Payne while visiting the Vilseck Teen Center.

The teen centers will continue to offer several regularly-scheduled activities at their facilities, including billiards, video game play, pingpong, cooking clubs, and shows on the big screen TV.

The centers also host the youth leadership programs Torch Club (for sixth through eighth graders) and Keystone Club (for ninth through

twelfth graders). Both clubs are sponsored by the Boys & Girls Club of America.

The Vilseck Teen Center, better known as the Falcon's Nest, offers teens a say in what programs will be offered by handing out surveys.

On Mondays and Fridays, the Falcon's Nest sponsors a teen health program at the Memorial Fitness Center. Wednesdays are reserved for day trips, and participants visit the bowling center

See **SUMMERTIME** Page 3

Auto registration fees increases to \$30

German license plates available at USAG Grafenwoehr

Bavarian News staff report

U.S. Army, Europe officials announced Thursday that the vehicle registration fee for U.S. forces stationed in Germany will increase from \$15 to \$30 beginning Saturday.

The USAREUR vehicle registry is a non-appropriated fund activity that does not generate a profit, but must recover operational costs to break even.

The change is prompted by the ongoing conversion to German license

Grafenwoehr-issued plates will read **NEW** (Neustadt am Waldnaab)
Vilseck-issued plates will read **AS** (Amberg-Sulzbach)
Hohenfels-issued plates will read **NM** (Neumarkt).

plates. These cost the fund \$30 each, but provide increased safety through decreased visibility for U.S. forces personnel and their families.

Fees are occasionally adjusted as necessary to ensure the fund remains solvent.

Currently, \$20 is the break-even cost of license plates. Increasing the fee will

allow purchase of the new German plates and, as quickly as possible, their issue in all U.S. forces garrisons in Germany.

The most recent fee adjustment was in January 2002, when

See **NEW** Page 13



USAG Grafenwoehr's Soldier and NCO of the Year, Spc. Kenneth Jacobsen and Staff Sgt. Eric Allen, cut the first slice of cake in honor of the Army's 231st birthday during a celebration at the Tower View Restaurant June 14.

Photo by Paula Guzman

Q&A

What qualities do you *think* make an excellent *Soldier* ?



1st Lt. Christopher Myers

"Loyalty, open-mindedness, commitment. And every Soldier should have the Seven Army Values."



2nd Lt. R.L.E. Mathis, Jr.

"Determination and motivation. Need I say anything else?"



Denise Fink

"A Soldier should be there for the other Soldiers, and that's mutual. They need to look out for each other on and off duty."



Eva Goetz-Gebhard

"Loyalty is the most important because it helps the Soldiers stay together."



Jatiara Rice

"They have to have courage, and they've got to be brave, especially those that are downrange."



Private 1st Class Amanda Manning

"Pride in what you do. You should be honest and willing to make a sacrifice of yourself for your comrades."



Staff Sgt. Ronald Chitty

"Self respect and a willingness to do his job properly and faithfully."



Sgt. 1st Class Kirby M. Peidl

"Integrity and obviously the core values."

Command Message

Tackle football program slated, plans to be explained at meeting

I hope all of you have recovered from last week's freakish evening storm. DPW and the fire stations were busy, and with six trees down in my yard alone to include destruction of our storage shed, it makes you appreciate the power of Mother Nature.

As stated previously, you never know what kind of weather you are going to get in this area.

Post Police Since I have been in command, I pick up trash in my travels around the community.

Some days it is one piece, some days it is an entire sack. As part of my continual theme of "personal responsibility as part of living in this community," I encourage all of you to join me in picking up trash.

If everyone picks up a few pieces of trash a day, we are disposing of more than 10,000 items daily. The cost avoidance rapidly adds up and it just makes the post look better. Help me make this a better looking place to live.

Recycling Points The good news is that people are using the recycling points. By sorting our trash in the correct recyclable bins, we do save a lot of money in trash collection.

The bad news is people are not separating items into each bin correctly, and people are leaving extra—generally larger items like carpets and mattresses—outside of the bins.



Boyle

Large items must be taken to the large recycling center on post. It is located halfway between Gate 9 (Grafenwoehr's Burger King Gate) and Gate 4 (Tanzflek Gate).

While it is a hassle to move larger items, my experience is the center quickly accepts just about everything that needs disposal.

With respect to the colored recycle bins, the contractor only has to pick up items that are sorted correctly. Those that are not, he may pick up but at greater cost to us.

So, again I ask each of you to help the community by sorting your recyclables correctly and taking larger items to the main recycling center.

Housing Policy letter As I stated in my last column, the policy letters are now complete. In this edition, I will focus on the housing policy letter.

Eventually this policy letter will be signed for and stay in every home in our inventory. This 31-page document explains the following duties and responsibilities for:

- area, stairwell, and building coordinators
- sponsors
- SORT recycling and grass cutting
- abandoned vehicles
- air conditioning use
- snow and ice removal
- lost or broken keys
- self help stores and yard sales
- fencing, privacy panels, storage sheds

- antenna installation
- car washing and pets
- home-based business
- termination of quarters
- and a whole lot more

“Parents and volunteers interested (in tackle football) must attend (the meeting).”

Members of our community are responsible for complying with this and every other policy letter.

To access all of the letters, visit <https://intranet/grafenwoehr.army.mil/policies/garrison.htm> on a dot.mil computer.

Even though the weather is hot, fall is just around the corner. I am ready to explain to the community the tackle football program we, together, will execute this fall.

Within the next two weeks, we will have a community meeting and I will describe how we will run this program.

Parents and volunteers interested in the program must attend to understand the situation and sign up for the program.

The theme of this column is frankly taking pride in the community.

Help me to continue to make this the best place to live and serve in Europe.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

Spouse Commentary

Neverending Hill culprit for homefront fatigue

homefront fatigue: n. a feeling of overwhelming tiredness marked by irritation with military culture, a contractual obligation to sleep alone, and the compulsion to solve problems far, far in the future.

My girlfriend used to say that the problem with military spouses is that we don't really have anything in common.

Our husbands and wives are all motivated by the same kind of work. They talk a lot alike. They even wear the same outfits in their leisure minutes.

We spouses don't. No wonder it's so hard to strike up a conversation. Or borrow shoes.

Lately, though, I've been noticing that we do have one thing in common.

The condition

Four years into the war, we're all showing signs of Homefront Fatigue. I made that term up right out of my head. It's not a real neurological condition like the combat fatigue soldiers had during WWII.

Instead it's what I am calling that rumbling sentiment I hear from military spouses every day.

Some of them have a lot to be tired about. Tonia Sargent is the wife of a Marine stationed at Camp Pendleton.

Death by paperwork

Her husband of 19 years was brain damaged during an IED explosion in Iraq two years ago. She had to quit her job to provide



JACKIE ECKHART

On the Homefront

care for him and the family is living on a much reduced income.

But she says it's the paperwork that is killing her.

"When you are injured and at home, you're out of sight out of mind," said Tonia.

She says the military doesn't send anyone to explain benefits to families and that one benefit often cancels the other. She spends her days learning by trial and error.

"I'm tired," she says. "Mentally tired, physically tired, emotionally tired. Tired isn't even a word for me."

Not again

That kind of Homefront Fatigue we can all understand—the same way we understand that families who are on their third and fourth deployment to Iraq or Afghanistan are tired to the bone.

The National Military Family Association released a report in March exclaiming that service members and military families are experiencing high levels of anxiety, fatigue, and stress exacerbated by a lack of institutional support.

We get all that. We even expect all that. But it doesn't explain why Homefront Fatigue is creeping through all branches of the services in every age group regardless of whether or not service members are currently deployed.

"I've been doing the 'single parent' thing and it's been really tough," says Sara Paris, 23, an Air Force spouse in Virginia Beach. "I'm stressed out and tired most of the time."

Her husband Will was recently reassigned to Malstrom Air Force Base in Montana. The young couple is living apart so that she can complete her high school diploma while family members take care of her daughter.

Catch-up, keep-up

"I'm climbing up a neverending hill," said Paris. "There's always something going on or some huge thing that comes up and I can't keep up with everything."

That's pretty much what military wives are trying to say. We are so tired because suddenly

our lives seem like Sara's Neverending Hill. There is always more to do than we are able to do and there is no end in sight.

That's new to our generation. Tonia Sargent says that in the early part of their career they did some hard deployments. Her husband deployed to Okinawa unaccompanied for a year then turned around and deployed to Somalia.

"Everything was on the hush for awhile after that," Sargent said.

The unplannable

She says that it was always busy, but there was time to recover between floats before it all started up again. That isn't what is happening now. Living with the unplannable is the plan.

I worry about that. ANTICIPATING as well as HAVING that recovery time was one of the tools military families used to use to cope with the stressful parts of our lives. That made things bearable.

We knew how to work, rest, and go on. If we didn't, there was always someone who had gone before us to teach it.

Now we military spouses are teaching ourselves, hoping that our efforts are going to be enough for however long we're hiking on the Neverending Hill.

A military wife for 19 years, Jacey Eckhart is a syndicated columnist from CinCHouse.com and author of The Homefront Club (Naval Institute Press 2004)

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Droste to retire after nearly four decades of service



Photo by Paula Guzman

Klaus Droste, the 7th U.S. Army JMTC assistant chief of staff for resource management, is presented the Meritorious Civilian Service Award by 7th U.S. Army JMTC Commander Brig. Gen. David Perkins. Droste was recognized during a Thursday ceremony in honor of his retirement and nearly four decades of dedicated civilian service.

7th U.S. Army JMTC Public Affairs

After seven years of military service and 38 years of dedicated civilian service, Klaus Droste, the assistant chief of staff for resource management, 7th U.S. Army Joint Multinational Training Command, was presented the Meritorious Civilian Service Award Thursday at the Tower View Inn.

Droste was born and raised in Germany. After completing three years of college in Heidelberg, he went to the United States in 1955 on an exchange student visa.

"I went to Columbia University in New York City in 1955 for a couple of years and fell in love with the U.S.," said Droste. "I decided to immigrate to the New York area. When I immigrated, I had to sign a paper and to join the military or would have to return to Germany, so I did and was drafted in 1960 and served seven years. It was a good time," he said.

Droste said he has always been excited by the world of finance because he loves to see how industry works and how resources flow.

He enjoyed it so much, in fact, that following active duty in 1967 he began his civilian service as an accountant with the U.S. Army Corps of Engineers, Wilmington District, Wilmington N.C. Follow-on assignments included budget officer/comptroller at Sunny Point Military Ocean Terminal, Southport, N.C.; budget analyst at U.S. Army Europe, Heidelberg, Germany; and director of resource management, 26th Support Group, Heidelberg.

Droste has witnessed many changes over the years with automation.

"I remember when we had the yellow spread sheets pasted up all over the walls and everywhere we could find room to place them," he said. "I have seen a lot and have not regretted a single moment in 46 years."

Droste said he could have retired about six years ago.

"There were so many changes taking place and I had been a part of getting the office to where it was at that time that I just couldn't leave," Droste said. "There were a series of closings, so each action assignment we had was a challenge within itself and I just couldn't walk away from that."

Droste will retire to Schwarzenbach, Germany, and said he plans to use his time wisely.

"I am going to travel a lot and see parts of the world I haven't seen, and of course you will see me around here some over the next couple of months," he said. "Since there won't be any overlap with me and my successor, I will come back to help him adjust and provide him with some of the background information he will need to succeed in this position and to let him know how we got to where we are, which I think is very important. I told (7th Army Joint Multinational Training Center Commander) Brig. Gen. Perkins that since I am so close that it wouldn't be a problem for me to help whenever I'm needed."

Achtung!

Got a home-based business?

Don't forget to register!

by JODI WARD
Staff writer

So the PCS process is over, and you've finally arrived in Germany.

Your Soldier-spouse will likely begin regular work hours at the office or training in the field. Now what?

For those of you who are ready to return to work yourselves and would like to operate a home-based business, be aware that the rules are different than in the States.

To avoid breaking the law and losing your commercial activity privilege, home-based business owners must be aware of and adhere to Army Post Office and Status of Forces Agreement rules and regulations.

The fact is that most offenses are made because people are simply unaware of APO and SOFA rules, said Sieglinde Schedl, the U.S. Army Garrison Grafenwoehr Commercial Affairs Officer.

Schedl explained that persons who have businesses at home, including everything from hair and nail care services to Mary Kay and Tupperware, must register through the Home-based Business Office.

Registration steps include:

1. Submitting a memorandum of request to your Commercial Affairs Officer (Call CIV 09641-83-6753 /DSN 475-6753 or e-mail Sieglinde.schedl@us.army.mil to make an appointment.) At Commercial Affairs, applicants will receive all necessary paperwork and a briefing on operating a business overseas.

2. Paperwork, along with your passport with SOFA stamp, and a valid ID card, must be presented to the

German office in Eschenbach, Grafenwoehr, Vilseck, or Weiherhammer (depending on your location). There is a 30 Euro one-time registration fee.

3. The Finanzamt will send a form to your German mailing address, which must be completed and returned.

It is highly recommended that applicants discuss the form with a legal professional, as it will determine whether or not they will be subject to German taxation.

4. Return registration verification tax status to Commercial Affairs and complete the Home-based Business Agreement.

Additionally, some home-based businesses require certificates of training, licenses, and permits.

But ignorance is no excuse.

"We do have people who have been caught up in investigations that said they just didn't know," said MWR Chief Audre Binder.

"People have to remember we are in a foreign country, the SOFA agreement gives us rights, but those rights are limited," said Bob Pambianco, of the Joint Multinational Training Center Law Center. "Violating customs rules can be a serious offense."

So whether you're considering selling Avon, becoming a Creative Memories consultant, or re-selling Czech crystal on E-bay, contact your local Home-based Business Office, Bldg. 244, Room 239.

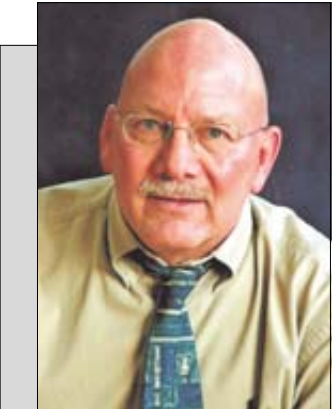
For more information, call DSN 475-6753 or CIV 09641-83-6753.

For APO and customs questions, visit www.hqusareur.army.mil/opm/customs.htm.

installation's Outdoor Recreation.

Each center offers computer labs, where teens can learn useful skills, including Microsoft Photo. Kids are given access to the Internet to check their e-mail (chatting sites are blocked) and conduct school research.

The hours of operation for the Vilseck and Grafenwoehr centers are



Introductions...

The U.S. Army Garrison Grafenwoehr welcomes the incoming Vilseck American High School assistant principal, *Duane S. Werner*

IN THE BEGINNING: Duane Werner grew up on a dairy farm in western Kansas. He attended high school at Kinsley High School.

SCHOOL TIME: Werner attended Fort Hays Kansas State University, where he received a masters degree in Secondary School Administration. Prior to that, he received a bachelors of science in Education from Fort Hays Kansas State University.

WORK BIO: His first assignment was teaching elementary physical education at Haaf Elementary School in Pueblo, Colo. From there he went to Central High School, where he taught physical science, physical education and coached wrestling; then to South High School for a teaching assignment in science and aquatics, and where he served as wrestling coach. In 1979, Werner accepted a position at Garden City Community College as an instructor in the HPER Department and as head wrestling coach.

JOINING DoDDS: In 1987 he joined DoDDS as a science teacher at Schweinfurt Junior High School. In 1993 he moved to Würzburg High School, where he taught science, driver's education, and physical education. Werner coached wrestling and football at Würzburg High and served as the school's director of athletics. He has coached wrestling at all levels since 1969.

ADMINISTRATOR: Since 2004 Werner has served as an administrator in three DoDDS schools, including Schweinfurt Middle School, Bamberg Middle High School, and Patch High School. He served as the dean of students at Würzburg High from 2001 to 2004. Most recently, he was in charge of the middle school transition in the Stuttgart community.

SPORTS TIME: Athletics has been a big part of his life. He wrestled at the high school and college levels and won a Greco Roman title while coaching at South High School in 1977. Werner was on the national staff from 1977 until 1982. He has been active as a coach with the German clubs and is an international referee. He wrestled for TSV Schonungen until 1992.

WHAT HE BELIEVES: Werner believes the role of the school is to prepare young people to be successful in life. He encourages parents to take an active role in their child's education and support school activities and programs. He also believes that all students can succeed when working in a partnership with parents and the school.

FAMILY LIFE: Werner has a son, AJ, who is a U.S. Air Force pilot studying at the University of Sofia in Bulgaria. He has a daughter, Amy, who owns a business in Nürnberg, Germany. Both of Werner's children graduated from Würzburg High School.

Summertime doesn't have to be boring

Continued From Page 1

on Thursdays. Parents are invited to bowl with their children.

On Fridays at the Grafenwoehr center, teens visit the neighboring Waldbad (pool).

Vilseck and Grafenwoehr offer combined center activities on Tuesdays and Thursdays with the

Monday through Friday 1-7 p.m. and Saturdays 2:30-8 p.m. The Hohenfels center is open Monday through Friday 10 a.m. -7 p.m.

To register or for more information, call:

■ the Vilseck Teen Center at DSN 476-7441;
■ Grafenwoehr at DSN 475-7441;
■ Hohenfels at 466-2159.

Is there something you'd like to read in the Bavarian News? We want to know. Just call 475-7113 today !



2006 Camp A.R.M.Y. Challenge participants pose in front of their newly constructed Camp Heritage sign at Grafenwoehr. The IMA-Europe MWR camp is an opportunity for teens of deployed service members to have fun and meet other kids facing stresses associated with parent deployments.

Camp **A.** **R.** **M.** **Y.** Challenge Graf hosts camp for teens of deployed parents

Story and photos by
NICK D'AMARIO
USAG G Command Information

The first of three Camp A.R.M.Y. Challenge sessions kicked off 18 at U.S. Army Garrison Grafenwoehr.

Hosted by the Installation Management Agency-Europe MWR, the week-long camps are an opportunity for children of deployed service members to enjoy traditional summer camp activities and spend time with other kids facing similar situations.

More than 30 teenagers enjoyed swimming, hiking, and creative arts projects while learning team-building skills to help cope with deployment stressors.

USAG Grafenwoehr Commander Col. Brian Boyle said his organization is "absolutely thrilled that we were selected to host the children of our deployed service members. In our view, there is never enough that we can do to help the families cope with the stresses of a loved one's deployment."

Boyle lauded IMA-Europe for "doing a fantastic job of supporting these families through programs like Camp Army Challenge, as well as our other MWR programs and activities. Grafenwoehr has a full array of outdoor activities that can support back to nature type events."

He noted that his garrison in Bavaria features a full array of facilities for camping, hiking, water sports and rappelling.

"By placing the campers in unfamiliar camping surroundings, they learn to depend on each other for success," said Boyle.

"This dependence leads to a sharing of experiences and coping mechanisms that the students use to learn how to

deal with the deployment of their parent."

Becky Witcher, an IMA-E camp director on-site, said 17 camp counselors led children in a wide range of skill and morale boosting activities during the camp.

Despite unpredictable weather conditions, campers were none the worse for wear thanks to the 24/7 support of Heide Cygan, a Child & Youth Services nurse from Baumholder.

As the camp nurse she offered basic life support, first aid, over-the-counter medication, and insect bite and allergic reaction treatment.

Boyle and USAG Grafenwoehr Command Sgt. Major John Burns were on site June 21 to observe the Military Experience module conducted by Master Sgt. Neal Haralson and Sgt. Jonathan Ferraro of the 702nd Explosive Ordnance Detachment.

The day's highlights were the "Talon," a remote-controlled robot used to detect and dispose of Improvised Explosive Devices, and the "EOD 8" bomb suit.

Jeannine Erskine, 16, gave the robot a remote control test drive using its laptop to navigate it around the camp. Erskine said getting away from home and meeting new people made the camp enjoyable and that she especially enjoyed the rock climbing and hiking activities.

Kristin Issertell, 16, tried on the 75-pound EOD bomb suit during the Military Experience module. Erskine called the amply ventilated outfit "pretty cool" in more ways than one.

Later in the day, campers rolled up their sleeves to begin work on their area beautification project, which included making and mounting a new sign to identify the Camp Heritage site.

The project was under the direction of Wolfgang Schultes, Grafenwoehr's Outdoor Recreation director. Schultes and his staff were on site daily to provide logistical and program support.

"This is the third time that

Grafenwoehr ODR has hosted a camp of this magnitude, but this year, with all the support from the counselors, IMA-Europe staff and USAG Grafenwoehr, this will be the most successful summer camp ever," he said.

Burns credited IMA-E Region Director Russell Hall, his MWR staff, and numerous volunteers with "doing an outstanding job in supporting programs like this which really help children of deployed Soldiers cope with stressors and allows these young adults to meet new friends."

"From visiting with these young adults, they are excited about being at this camp and are having a great time," he said.

"A great big thanks goes out to all the MWR workers and interns that are supporting this event," said Burns. "Without these great workers and volunteers we would not be able to put an event like this on and be successful."

Three of the 7th Army Joint Multinational Training Center's redeployed Soldiers – 1st Lt. Taya C. Grace, Sgt. James Hunt, and Staff Sgt. Christopher Turner – also provided special support to the camp.

The Soldiers participated in the camp activities, provided mentorship, and talked to the teenagers about their deployments and other personal military experiences.

According to Grace, the camp was a great outlet for teens to express their feelings about deployment and Army life in general.

"The counselors and staff are excellent," said Grace.

"(The campers) have the opportunity to discover so much about themselves: Courage, confidence and commitment," said Hunt.

"The teens showed great poise and grace to overcome many obstacles successfully," said Turner.

"These JMTC Soldiers gave valuable insight to the youth about what it felt like being deployed from their own personal perspective," said IMA-E camp director Melody Vance Taylor.

Three A.R.M.Y. (Adventure, Resilience, Memories, Youth) Challenge camps will be conducted this summer for middle and high school youth.

A total of 160 middle school students have signed up for the next two IMA-E MWR camps at Camp Darby, Italy, in July.



Daniel Orndorff, 16, retrieves the "Talon" IED robot in a 75-pound bomb suit. Sgt. Jonathan Ferraro of the 702nd EOD demonstrates the correct procedures during the hands-on Military Experience training.



IMA-E Region Director Russell Hall talks with Camp A.R.M.Y. Challenge counselor Jessica Pandorf at the High Ropes Course Thursday near Weiden, Germany.

Photo by
Kathy Becker

Don't miss out on library's summer fun

USAG Grafenwoehr Library

The best kept secret in Germany

The first “Christmas in July” trip will be to the original glass ornament manufacturing facility in Lauscha, Thuringia.

For over 400 years, Lauscha Glass has remained one of the leading manufacturers in Germany. The first glass Christmas ornaments were produced in 1847 by the glass blowers of Lauscha.

These ornaments resembled shapes of fruits and nuts. In the early days, business in Lauscha flourished at an amazing rate. Soon the unique Christmas ornaments were being exported to other parts of Europe, as well as England and the United States.

The dime-store magnate F. W. Woolworth was the first American to discover these inexpensive German ornaments and to import them to the United States in the later part of the 19th century.

Today, Lauscha is one of the best kept secrets for purchasing original and inexpensive Christmas ornaments. All Christmas tree ornaments are sold here at factory prices. We invite you to join the bus tour!

Sign up for the July 18 trip to Lauscha at the Vilseck or Grafenwoehr ITR.

The cost is \$15 for adults and \$7.50 for children. The bus will depart Vilseck’s Langenbruck Center at 7 a.m. and the Grafenwoehr Library at 7:30 a.m.

For more information, stop by or call the Grafenwoehr Library at 475-1740.

Kurort Seiffen

There are many interesting facts to learn about Germany.

A “Kurort” is a city or town where there are healing waters, or, in other words, a spa. Some are just spa towns, and some Kurorts have other attractions.

Seiffen in old East Germany is just that and more. With two museums, a Sommer Rodelbahn, and a miniature train to ride, there is much to keep a family busy.

Seiffen is a small village in the Erzgebirge Region of Germany, and the region itself is known for its wooden Christmas decorations. The local shops offer nutcrackers, smokers, pyramids, and many wonderful holiday decorations.

Join the library staff as we explore this picturesque city July 31. The cost is \$25 for adults and \$15 for children. Bring VAT forms for your purchases. Sign up at the

Grafenwoehr or Vilseck ITR. The bus departs Vilseck’s Langenbruck Center at 6 a.m. and the Grafenwoehr Library at 6:30 a.m.

Grafenwoehr Library Summer Reading Program

Reading with your MWR libraries is a four-star guarantee to have the best summer ever! So come and join our exciting events, fun activities, and great books

about “Paws, Claws, Scales & Tales.”

Summer reading is very important in developing a child’s life-long reading habits, maintaining literacy skills, and promoting reading for pleasure.

Studies have repeatedly shown that children who continue to read during the summer months perform better when school resumes in fall. We encourage all children in the USAG Grafenwoehr to visit their local libraries and to join the reading fun this summer.

Graf Library July Events:

TOMORROW: Pet Parade / Summer Reading Program Kickoff (1-3 p.m.) Bring your pet on its leash and join the

library staff at the parking lot of the Tower View Restaurant. We will conduct a pet parade during a walk to the USAG Grafenwoehr Headquarters.

The pet parade will end at the USAG Headquarters flagpole, where USAG G Commander Col. Brian Boyle will welcome the children to this year’s Summer Reading Program. Chaplain (Lt. Col.) William Barbee will conduct the animal blessing for the pets.

July 6: Nuremberg Zoo Trip (8:30 a.m.-6 p.m.)

Join the library staff for a tour of the Nuremberg Zoo. See all of the wild and not-so-wild animals. Parents or a guardian must accompany children. Reserve your seats at the Vilseck or Grafenwoehr ITR today.

The cost is \$10 (plus Zoo entry fee) for adults and \$5 (plus entry fee) for children. Bring your own money for lunch. The bus departs Vilseck’s Langenbruck Center at 8:30 a.m. and the Grafenwoehr Library at 9 a.m.

July 13: Michelfeld Farm & Kloster Tour (9 a.m.-4 p.m.)

Travel with the library staff to the Regens-Wagner Michelfeld Kloster, where you will tour a working farm, the church, and two cottage-type industries.

We’ll depart from Vilseck’s Langenbruck Center at 9 a.m. and from the Grafenwoehr Library at 9:30 a.m.

Bring your own lunch for a picnic and some spending money as two shops will be open to make purchases.

Please reserve your seat at the Vilseck or Grafenwoehr ITR today. The cost is \$5 for adults and \$2 for children. Parents or a guardian must accompany children.

July 20: Best Dressed Pet & Owner Contest (1-3 p.m.)

Dress you and your pet in your snazziest outfits and come to the CYS Sports Field for a pet show and contest.

Prance around our show ring with your leashed pet. Prizes will be awarded for the best in each age group.

July 27: Wild Animal Tour (8:30 a.m.-12:30 p.m.)

Learn about the wild animals in the Veldensteiner Forest as Dale Doeden, the USAG Grafenwoehr Hunting & Fishing expert, introduces you to local wildlife. Make your reservation at the Vilseck or Grafenwoehr ITR today.

The cost for adults is \$6 and \$3 for children. Parents or guardians must accompany children. There is a small Euro entry fee and an opportunity to

purchase wild animal feed. The bus will depart Vilseck’s Langenbruck Center at 8:30 a.m. and the Grafenwoehr Library at 9 a.m.

Aug. 2: Movie Day (11 a.m.-3:30 p.m.)

Come to the library for classic pet movies such as “Old Yeller” and “National Velvet.”

We’ll pull down the giant screen and watch the shows while we talk about the books the movies are based on.

Aug. 10: Kid’s Fun Day (1-3 p.m.)

Meet the library staff on the Grafenwoehr CYS Sports Field for games and fun. We’ll have the jumping castle and games out for all as we celebrate the last day of our Summer Reading Program.

USAG Grafenwoehr D.A.R.E. dares to be different

by DENISE ANDERSON

USAG Grafenwoehr D.A.R.E.

This year 36 million school children from around the world will benefit from D.A.R.E., the highly acclaimed program that gives kids the skills they need to avoid drugs, gangs, and violence.

D.A.R.E. was founded in 1983 and has proven to be so successful that it is now being implemented in nearly 80 percent of our nation’s school districts and in more than 54 countries around the world. D.A.R.E. is a series of classroom lessons that teaches children from kindergarten through twelfth grade how to resist peer pressure and live productive drug and violence-free lives.

I’m excited to have taken on this new responsibility within our local schools. I can’t think of anything better than working with children in making a positive difference in their futures. It’s great to know that such a program exists within our school systems, but there are also steps that parents and caregivers can take at home to increase your odds of raising a drug-free child.

For example, make sure that you’re keeping tabs on where your children area, especially after school. Do you know the families of the children your kids visit?

Parents should know their children’s friends and be aware of what their children are doing. Parents also

need to ensure that there is proper supervision of after-school and weekend activities and that all parties are chaperoned by responsible adults.

Parents and caregivers have many opportunities to foster healthy, drug-free lifestyles in their children while playing a dominant role in their children’s emotional and interpersonal development from infancy.

Children are taught ethical values and responsibility through what social scientists call “modeling,” or demonstrating acceptable behaviors for children to follow.

In the military it’s referred to as “leading by example.” What our children see us do, is what they may choose to do themselves.

Parents who have responsible habits and attitudes regarding drug use send a healthy message and strongly influence their children’s ideas about alcohol, tobacco, and other drugs.

For parents who choose to smoke or drink, try to make it something that you only do when you’re not around the children. Doing this sends a great example to your kids.

Ultimately all children need opportunities to practice decision-making and to become aware of the consequences of bad decisions.

Through D.A.R.E. they are given the knowledge needed to make responsible decisions.

A basic reality is that children will have to make their own way in

a world that is filled with opportunities to use drugs, alcohol and tobacco; but between parents, teachers & DARE, children can be prepared to make positive choices.

Daring to be different

Every year each elementary school hosts a D.A.R.E. graduation. This year, students took on a new project. They created public service announcements. The PSAs were given the green light by American Forces Network-Bavaria station manager Sgt. 1st Class Marcia Triggs and AFN operations director Staff Sgt. Tony McKinney.

AFN’s Spc. Honey Walker filmed the six PSAs, three of which were written by the students and all of which featured each of the garrison’s 6th grade classes.

The PSAs are being aired through the European Command, personnel and families from all services assigned to approximately 56 countries. That means that the PSAs are reaching an audience of about 350,000.

Additional personnel able to tune into the PSAs are U.S. Forces in Iraq and Afghanistan and personnel assigned to the European theater embassies and consulates.

The garrison students who created the message-packed PSAs are urging listeners to make good choice – don’t use drugs, alcohol, or tobacco.

In preparation for the end-of-year graduation, D.A.R.E. students were required to write essays, personal pledges to make good choices.

This year’s top two D.A.R.E. essays were written by Grafenwoehr Elementary’s Katie Cooper and Maleyna Young. Kaley Harless and Jamila Murry took second place in each class, and the most enthusiastic D.A.R.E. student were Shadai Valentine and Lizzie Owen.

From Vilseck Elementary’s three classes, the first place essay winners were Marissa Hodges, Madelyn Schwartz, and Ashley



Courtesy photos

USAG Grafenwoehr’s sixth grade classes created public service announcements that will reach a potential audience of nearly a half-million people.

Nash; second place winners were Belinda Spiritty, Mariah Morris, and Kiersten Flach; and our most enthusiastic D.A.R.E. students were Krystal Fong, Mikail Schroeder and Melissa Fry.

This year’s graduates are:

Mrs. Hall’s Class:

Lauren Argueta, Daniel Arroyo, Tylor Devanie, Chris Gillespie, Cody Hayes, Marissa Hodges, Lindsay Kyle, Kyle Nunnery, Darrian Parker, Bria Pressley, Katlyn Reigel, Mikail Schroeder, Ramsey Schroeder, Belinda Spiritty, Lisa Toomey, Arielle Williams

Mrs. Mirabal’s Class:

Kristen Boggs, David Borrero, Benedetta Clark, Susan Danner, Emily DeLaCruz, Remington Edwards, Hakeem Flemming, Krystal Fong, Jaquil Johnson, Julia Kimbell, Derrick Lomonaco, Deraj McClinton, Mariah Morris, Collins Ramer, Madelyn Schwartz, Jeremy Sullivan

Mrs. Wojcik’s Class:

Sharon Albright, Kiersten Flach, Melissa Fry, Amanda Goodman,

Darryl Harris, Nick Munoz, Jeremy Murphy, Ashley Nash, Andria Odom, Jazmin Payne, Sharon Ramella, Marcella Rodriguez, Darrius Sadler, Chanell Sally, Darrian Sanders, Joshua Santos

Mrs. Martin’s Class:

Emily Bartolotto, Andre Brown, Greg Campbell, Chante’ Clark, Chanelle Cohen, Katie Cooper, Derrick Daniels, Alisha DeBruzzi, Kaley Harless, Eric Haynes, Calvin Hickman, Mikaela Meyering, Rebekah Prater, Aaliyah Price, Lisa-Marie Roberts, Val Robinson, Shakia Stokes, Scott Tilton, Shadai Valentine, Leah Watson, Kevin Wehrer

Mrs. Knox’s Class:

Emilie Cass, Luke Dinges, Joey Dominguez, Taylor Galusha, Kayla Hamel, Max Hoover, Troy Kander, Wes Kennedy, Lauren LeBroke, Parris Manning, Megan Moore, Jamila Murry, Lizzie Owen, Jade Pierce, Collin Ray-Lewis, Xavier Selders, Krystle Suetopka, Jacqui Tallant, Patrick Whitney, Maleyna Young



Special guest make an entrace during the 2006 D.A.R.E. graudation.

What’s Happening

Grafenwoehr/ Vilseck Briefs

Pay attention to construction signs for new traffic routes

Due to ongoing construction at Grafenwoehr, motorists are asked to pay attention to road detour and closure signs for safe driving!

Motorists can find more information, including maps with detailed traffic flow patterns, in the garrison weekly E-newsletter and on the Command Information Channel.

Vilseck bank hours change

The Community Bank in Vilseck will change its hours due to monthly staff training. The bank will be open today from 9 a.m. - 1 p.m.

Book appointments online at Vilseck Health Clinic

Did you know you can book medical appointments at the Vilseck Health Clinic without ever using the phone? Appointments can be booked online at <http://www.tricareonline.com>.

For information on how to set up a user account, e-mail Capt. Emily Stehr at Emily.stehr@us.army.mil.

Place your free ad in the Bavarian News online

All valid ID cardholders can place free ads in the Bavarian News. Fill out the form at <http://www.rlehner.de/trainingtimes/freeclass.htm>. Be sure to include a contact phone number.

Red Cross seeking full-time field office coordinator

Position: Field Office Coordinator, full-time – temporary for up to six-months.

Location: Red Cross Vilseck Station
Responsibilities: Provide emergency communications and casework services. Assist in the planning and administration of the delivery of health and safety services training. Assist with human resource functions affecting volunteers including recruitment, placement, and utilization. Administer and/or assist in the management of designated volunteer programs on the military installation.

Vilseck UofP seeks field rep

The University of Phoenix, Vilseck Campus, is looking for a part-time field representative. Ideal candidates will have a bachelors degree, strong customer-service skills, attention to detail, and knowledge of the military and educational environments. Send resumes to rachel.burling@phoenix.edu

Part-time teaching positions available with Central Texas

Central Texas College, Vilseck Campus, is looking for part-time instructors for Vilseck in the Automotive/Mechanic program and the Early Childhood Development program.

Applicants must have either an Associates degree or higher and a minimum of five years of work experience in the program’s field or a bachelor’s degree and a minimum of three years work experience in the program’s field.

For further information, contact Chuck Sligh at DSN 476-2362; CIV 09662-83-2362 or e-mail Vilseck@europe.ctcd.edu.

Office, aide, teacher positions available

If you are interested in an office, aide, or substitute teacher position, please stop by the Grafenwoehr Elementary front office and pick up an application form. The elementary and middle schools will be hiring for these positions for school year 2006/2007.

Youth Ministry serving Vilseck and Grafenwoehr

MCYM/Club Beyond is a chapel-sponsored youth ministry serving the Vilseck and Grafenwoehr communities. It offers a place to belong for junior high and high school students. Come and check out the programs:

HS Club
Tuesdays, 6:30 to 8 p.m.
Vilseck Chapel Fellowship Hall
Jr. High Club

Fridays, 3:30-5 p.m.
Vilseck MHS, Home Economics Room

Small groups are available. Contact Club Beyond for dates and times.

For interested adults, volunteering with Club Beyond can be the adventure of a lifetime. We’ll match the job to your gifts and abilities.

For more information, call Aretta at CIV 0160-9876-9678 or e-mail aretta.zitta@graf.eur.army.mil. Summer afghan sale

Afghans with representation of Grafenwoehr, Vilseck, and Hohenfels landmarks can be purchased at your local Red Cross Office through May 31.

Cost: one to three afghans, \$40; three or more afghans, \$35.

Size - 4’ x 6’ in burgundy, navy blue, or hunter green.

Customer service jobs available at Graf Bank

Grafenwoehr Community Bank is currently accepting employment applications for customer service representatives. Contact Ernestine Robinson at 475-6140 for more information.

Headstart instructors needed at Vilseck Ed Center

The Vilseck Education Center is currently looking for several German Headstart instructors.

Applicants should have at least an associates of arts degree with a major in German or entry level qualifications for European University studies.

Teaching experience is preferred but not mandatory.

For more information, contact Dave Baker at DSN 476-2457, CIV 09662-832457, or billy.baker1@us.army.mil.

Join Protestant WOC for Resore My Heart bible study

Are you looking for a way to draw close to God? If so, join the Protestant Women of the Chapel for a wonderful bible study called Restore My Heart by Denise Glenn. This study will from June 22 thru Aug. 17. We meet every Thursday morning at the Graf Girl Scout Hut, Bldg. 122 from 9-11:30 a.m., and free childcare is provided.

For more information contact Kristen at 09641-925814

Vilseck Post Exchange, shoppette has new hours

Effective Thursday, the following hours are in effect:

Rose Barracks Shoppette: Monday to Saturday from 5:30 a.m. to midnight, and Sunday from 7:30 a.m. to 9 p.m.

Main Exchange: Monday to Saturday from 10 a.m. to 8 p.m., and Sunday from 10 a.m. to 7 p.m.

MCSS: Monday to Saturday from 10 a.m. to 6 p.m., and closed on Sunday,

Concession Mall: Hours vary from store to store. See vendor for hours.

Revised shuttle bus schedule

The revised bus shuttle schedule can assist you in traveling to the Grafenwoehr and Vilseck posts, and to 2CR Integration and In-processing sites on Vilseck.

Shuttles run to and from 11 communities surrounding the Grafenwoehr and Vilseck areas.

You can find the bus schedule for your area posted at the bus stop nearest you. If you need help finding the bus stop nearest you, call your sponsor or the garrison DOL at CIV 09641-83-4347 / 6223 or DSN 475-4347 / 6223.

Customs Office hours of operation change

New operation hours will be as follows:

Vilseck Bldg. 700, Room 18
Monday to Thursday from 8 a.m. to noon and 1 to 4 p.m.; Friday from 8 a.m. to noon and 1 to 3 p.m.

Grafenwoehr Upstairs of MP Station, Bldg. 506, Wednesday from 9 a.m. to noon and 1 to 3 p.m.

For more information, call DSN 476-2105 or CIV 09662-83-2105.

Learn your new culture at Welcome to Bavaria

Discover Bavaria’s culture, language, and traditions during a three-day Welcome to Bavaria orientation.

A bus tour of the area is included. The orientation will be held at the Outdoor Recreation in Vilseck, Bldg.

2236. Call 476-2650 for information.

Dates:
Tuesday through June 22
Aug. 1-3*
Sept. 19-21*
July 11-13*
Aug. 8-10
Sept. 26-28*
* Childcare is provided

Pay attention to new road closures, detour signs

The following road closures or construction will be in effect as follows. Stay tuned to the Command Information Channel and look in your garrison e-newsletter for updates.

■ Closure of Lexington Avenue through Monday.

■ Flag pole area in front of Bldg. 621 through Friday

■ Gettysburg Avenue will be open for one-lane traffic only on Saturday and Sunday.

■ Gettysburg Avenue will be closed in mid August. Traffic will be detoured through Lexington Avenue.

■ Closure of Childers Street (around Consolidated Parking) up to Dining Facility through December.

■ The Tank Road along the tank wash facility will be narrowed through July 7.

■ Complete closure of the east end of the Tank Road (near tank wash facility) from June 26 to 7 July.

■ Gettysburg Avenue in front of Bldg. 622 will be reduced to a one-lane road through June 26.

Brig. Gen. Hawley-Bowland nominated for second star

Secretary of Defense Donald H. Rumsfeld announced June 15 that the president has nominated Army Brig. Gen. Carla G. Hawley-Bowland for promotion to the grade of major general.

Hawley-Bowland is currently serving as commanding general, European Regional Medical Command/lead agent, TRICARE Europe/command surgeon, USAEUR and 7th Army, Germany.

71st Med Detachment hosting change of command tomorrow

The officers and Soldiers of the 71st Medical Detachment (Preventive Medicine) request the honor of your presence at the change of command between Maj. Christopher A. Gellasch, outgoing commander, and Maj. Alick E. Smith, incoming commander tomorrow at 1:30 p.m. next to the Grafenwoehr water tower.

The inclement weather site is the Grafenwoehr Field House, Bldg. 547. A reception will follow the ceremony.

The dress for service members is duty uniform and informal attire for civilians.

For more information, call CIV 09641-83-1600 or DSN 475-1600.

Grafenwoehr, Vilseck Town Hall Meeting Slated July 19

The U.S. Army Garrison Grafenwoehr will hold its quarterly town hall meeting July 19 from 6-8 p.m. at the Vilseck post theater. This is the place to find out what’s going on in your community, ask any questions, and give your feedback.

Need someone to walk the dog, mow the lawn, or babysit the kids?

Or are YOU looking for a summer job?

Place your search in the Bavarian News FREE classifieds!

Visit www.rlehner.de/milcom/bn/free.html

Hohenfels Briefs

Confidential marriage, family therapy available

Social Work Services (Bldg. 747) offers ongoing professional therapy for individuals, families, and couples.

You have a “Right to Privacy.” Jacque Cummings, LMFT, is the Marriage, Family Therapist at Hohenfels for ongoing confidential counseling.

Everyone has a time in his or her life when they feel “stuck.”

Couples find themselves under stress and unable to communicate effectively or amenably at times.

Therapy is a way to get the help you need to move past that bumpy place.

A therapist who becomes familiar with you and your needs and one you can trust is vital to that healing process.

Call for an appointment: DSN 466-4625 or CIV 09472-83-4625.

Step aerobics cancelled

The Tuesday and Thursday morning step aerobics classes will be canceled after Thursday.

Library closed for inventory

The Hohenfels Library will be closed for inventory Monday through July 8.

Reserve space today in motorcycle safety class

To reserve a class space for MSF Motorcycle Safety Classes at Hohenfels, call DSN 475-1470 or e-mail: safetygraf@graf.eur.army.mil

Experienced Rider Course: July 26

Experienced Rider Course: Aug. 22

Basic Rider Course: Aug. 23-24

Experienced Rider Course: Sept. 26

Note: USAREUR requires that all motorcyclists complete the Experienced Rider Course MSF training, if their last MSF card is over three years old.

Youth Taekwon-Do kicks off this week at post gym

It’s that time of year again. New sessions of our all time favorite Taekwon-Do will start July 1.

This martial art class is tailored to the student’s age and skill level. The students will begin practicing basic patterns and forms, kicking, blocking, striking and punching.

Children can expect a development of athletic abilities, self-awareness as well as improvement of self-defense capabilities.

Sessions are held every Sunday from 3 to 4:30 p.m. at the Post Gym. Cost of class is \$120 for three months or 12 classes.

Sign-up’s available starting 15 June 2006. For more information, please contact CLEOS at 466-2078.

Gym, fitness center closure

The Post Gym, Bldg. 88, will be closed Saturday., The Olympia Fitness Center will be closed Sunday for semi-annual cleaning.

Tennis lessons for 8 to 15-year-olds begins July 12

What better way to enjoy the summer than being outside doing something fun. Namely, tennis classes!

Students can learn proper stands, form and grip, backhand, forehand, and serve during the classes which emphasizes fun, fitness, and friends.

The cost of the course includes the tennis equipment so all you have to bring is yourself.

Classes will be held every Wednesday starting July 12 at the USAG Hohenfels Tennis Courts.

The cost is \$75 for eight weeks. Sign-ups began June 15. For more information, call CLEOS at 466-2078.

Tiger Fields grass off limits for unslated activities, PT

Unscheduled activities on Tiger field are causing a great deal of damage to the field.

Effective immediately, the grass portion of Tiger Field is off limits to unscheduled activities including PT.

In order to get approval to use the field, a request must be submitted to the garrison commander or high school principal.

Please note that running PT on the track is allowed during PT hours. These restrictions affect only the grass portion of the field.

Friends, family of substance abusers invited for help

Do you have a loved one who has a substance abuse problem? Do you know of someone who has a problem? Can’t understand what’s going on?

You are not alone! Come to a place that can help you and your loved ones find solutions and understanding for the problems you face on a daily basis.

There are no obligations and NO ONE HAS TO KNOW YOU ARE HERE.

Visit the Hohenfels Family Life Center, Bldg. 743, across the street from the commissary, Mondays from 6:30-7:30 p.m. E-mail aLcIoZa@hotmail.com for more information.

SATURDAY, 8. July '06

Start 13.30 hrs, Play-Yard near Sorghof Church

FOOD & DRINKS (no cost for kids)
US-TRAIN- & PONY-RIDES,
MINI-OLYMPICS, BOUNCING CASTLE
US FIRETRUCK, GAS BALOON FLIGHTS

BBQ-Grill, Coffee & Cake
Adults welcome !

Sponsored by:

Survey: Americans top patriotism poll, Germans hit rock bottom. Wonder why?

by MARTINA BIAS
Bavarian News Food & Culture columnist

Americans feel and display more national pride than any other country in the world, according to a recently published study by the University of Chicago.

The survey, conducted by the school’s National Opinion Research Center, polled 33 nations throughout the world, and guess who ranked dead-last?

Yep, that would be Germany, with the former East German states having the absolute least pride in their country?

For me, it was no surprise at all.

Proud Germans

Just look at our nation’s history and it is easy to understand how patriotism can be interpreted in a negative way. For many people, being a proud, or patriotic, German equates to condoning and identifying with the former Nazi regime.

Sound extreme? It’s not. It’s an unfortunate reality. While most Germans would love to focus on the future and leave a shameful past behind, there are many who fear the reactions of others who vividly remember the war’s atrocities and rightfully warn that it should not be so easily forgotten.

For now then, it is much safer for Germans to identify with one’s home state.

Bavarians, in particular, have elevated regional pride into almost an art form. Most people in Germany’s largest state will readily tell you that they are Bavarian first and German second.

State home

The Free State of Bavaria even boasts a state anthem, titled “Gott mit dir du Land der Bayern” (God with you, you land of Bavarians).

The only time it is absolutely acceptable to wave the German flag in public without negative judgment is during sporting events.

Have you noticed all of the Schwarz, Rot, Gold (black, red, and gold) draping homes, businesses, and vehicles in celebration of the 2006 World (Soccer) Cup?

Since the World Cup began, there has been quite a debate in the German newspapers about our “newfound” patriotism that is for now so blatantly on display.

It seems Germans are eager to be proud of their country and are embracing the opportunity, even if it is only about our soccer team for right now. I have to say, I have never seen such displays of patriotism during any of the past World Cups. Is it because we are hosting the World Cup this time? I truly don’t know.

Germans have cautiously watched how other nations have responded to Germany decorating itself with the color of its flag, but

thankfully the responses have been positive so far.

It will have to be seen if the trend continues or if the flags and other decorations will quickly be put away as soon as the final game is played.

As a child growing up in what was then West Germany, the only time I heard the national anthem played was before a soccer game in which the German national team played.

Germans rarely play it at other functions and no such thing as the Pledge of Allegiance exists.

National anthem

The German national anthem, or “Deutschlanlied” (song of the Germans), has not been without controversy.

The anthem (see below) was composed by Joseph Haydn and the lyrics were penned by Hoffmann von Fallersleben.

The entire song with all three verses became the national anthem of the German Reich in 1922. After the founding of the Bundesrepublik Deutschland or BRD (Federal Republic of Germany), only the third verse was sung at official events.

The Deutsche Demokratische Republik or DDR (East Germany) had its own national anthem, “Auferstanden aus Ruinen” (Risen

from the Ruins).

Two as one

After the fall of the Berlin Wall, proposals were made to combine the BRD and the DDR lyrics to create a “unified” national anthem. However, in 1991 the third verse of the Deutschlandlied became Germany’s official national anthem.

There is a myth that the singing of the first and second verse is not allowed, but this is not true. After the end of WWII the military governments forbade the Deutschlandlied in its entirety, but this restriction was later lifted.

The first verse was and is unpopular with the WWII victors because of the propagandistic translation of the words “über alles.”

Before all others

The fact that the expression “über alles”, or “before all (others),” does not refer to the conquest of other countries or the establishment of German hegemony over other people is not common knowledge.

The expression is instead a call for all Germans to abandon their concept of being a subject or citizen of a particular principality or region (such as Bavaria or Prussia) and to realize the common bond they share by simply being German.

This concept was considered revolutionary

in 1841 when the words were written since loyalty to Germany was considered to be disloyalty to themselves by the princelings and kings of the disunited Reich (divided into 40-plus separate states).

Gaining popularity

The Deutschlandlied’s real popularity began during World War I when it was sung on the battlefield by young soldiers from every corner of the Reich who were thrown together against a common foe.

The second verse, while never forbidden, was never really popular because of its “wine, women, and song” theme.

So while Germany is certainly a free country, many of its citizens do not feel free to display their patriotism.

For granted

Many Americans take patriotic freedoms for granted but this is something I treasure.

When I became an American citizen, I revealed in the fact that I could now display pride in my new home country whenever and as freely as I want without receiving weird looks or being considered an extremist.

Have you ever wondered why Germans do certain things? I welcome your questions and comments. E-mail me at martina.bias@us.army.mil, and I may be able to address your suggestions in a future column.

Das Lied der Deutschen (Song of the Germans)

German Lyrics

Deutschland, Deutschland über alles,
Über alles in der Welt,
Wenn es, stets zu Schutz und Trutze
Brüderlich zusammenhält,
Von der Maas bis an die Memel,
Von der Etsch bis an den Belt -
Deutschland, Deutschland über alles,
Über alles in der Welt.

Deutsche Frauen, deutsche Treue,
Deutscher Wein und deutscher Sang
Sollen in der Welt behalten
Ihren alten schönen Klang,
Uns zu edler Tat begeistern
Unser ganzes Leben lang.
Deutsche Frauen, deutsche Treue,
Deutscher Wein und deutscher Sang

Einigkeit und Recht und Freiheit
für das deutsche Vaterland!
Danach lasst uns alle streben
Brüderlich mit Herz und Hand!
Einigkeit und Recht und Freiheit
Sind des Glückes Unterpfand;
Blüh’ im Glanze dieses Glückes,
Blühe, deutsches Vaterland.



Literal English translation

Germany, Germany above all,
Above everything in the world,
When always, for protection,
We stand together as brothers.
From the Maas to the Memel
From the Etsch to the Belt -
Germany, Germany above all
Above all in the world.

German women, German loyalty,
German wine and German song,
Shall retain in the world,
Their old lovely ring
To inspire us to noble deeds
Our whole life long.
German women, German loyalty,
German wine and German song.

Unity and law and freedom
For the German Fatherland
Let us all strive for that
In brotherhood with heart and hand!
Unity and law and freedom
Are the foundation for happiness
Bloom in the glow of happiness
Bloom, German Fatherland.

Serve up easy colorful dish at your next barbecue

Recipe and photo by MARTINA BIAS
Bavarian News Food & Culture columnist

The BBQ season is upon us and our German neighbors enjoy the warmer weather with a “Grillabend” (barbecue evening), much like Americans do.

But while Americans prefer grilling hamburgers, beef steaks, and ribs, Germans prefer Bratwurst, Spiesse (kabobs), and other marinated meats (mostly pork steaks, turkey, and chicken) on their grills.

Many of these meals will likely be accompanied by fresh Broetchen and a variety of side salads.

Since so many American recipes for German potato salad already exist, today I will share with you a delicious German recipe for a colorful pasta salad.

Many Germans prepare their pasta salad much like an American macaroni salad. I selected the following recipe because its

ketchup-based dressing is somewhat unusual for American palates.

This salad is a family favorite and best prepared ahead so that the flavors have time to blend.

Feel free to change some of the ingredients to suit your taste.

Guten Appetit!

Bunter Nudelsalat (colorful pasta salad)

8 oz. pasta of your choice
1 cup cubed or sliced pickles of your choice (Germans use “Cornichons”)
1 cup cubed fully cooked ham
3 oz of hard salami, cubed
1 cup cubed Swiss cheese (Germans use Emmentaler)
3 tomatoes, chopped
1 tart apple, peeled, quartered and chopped

Dressing:
5 Tbs. ketchup
3 Tbs. vegetable oil
1 Tbs. cider vinegar
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. sugar
fresh chopped chives and parsley, to taste

Cook pasta until it is al dente (check package instructions). Rinse with cold water, drain thoroughly, and place in a large bowl.

Add pickles, ham, salami, cheese, tomatoes, and apple. Whisk all dressing ingredients in a small bowl. Pour over ingredients in large bowl and stir to coat.

Refrigerate for several hours to allow flavors to blend.

Yield: 8 - 10 servings

Do you have a favorite German dish you would like to recreate at home? E-mail me at martina.bias@us.army.mil.



Ketchup-based Nudelsalat, or pasta salad, is a perfect compiment to any barbecue. The colorful dish is quick and easy to prepare, and ingredients can be substituted to suit tastes.

Try something different ! If you like to cook and would like an authentic German recipe, e-mail the Bavarian News Food & Culture columnist for a recipe.

Wondering how to recreate a delicious dish you ate in a village Gasthof or neighborhood cafe? Let us know. We’d like to feature the recipe in a future issue.

Just e-mail us at martina.bias@us.army.mil. Guten Apetit!

MEN SPLIT 2-GAME SERIES, WOMEN DOMINATE BOTH GAMES

Graf kicks off first home game June 10

Men, women's teams win three of four games against Kitzingen

by KATHY JORDAN
Staff writer

Grafenwoehr's community level male and female softball games kicked off their first home games against Kitzingen June 10 on the post physical fitness center softball field.

In the men's first game, Kitzingen edged by Graf, 6-5.

In the women's first game, Grafenwoehr wiped out Kitzingen, 18-6.

Grafenwoehr's men defeated Kitzingen 10-4 in their second game.

In the women's second game, Grafenwoehr defeated Kitzingen 19-14.

■ Grafenwoehr's women's team played aggressive ball during the first inning of their first game with each player in the lineup making it to first base. They led Kitzingen 13-1 at the close of the inning.

Both teams shut each other down with good defense during the second inning as the score remained 13-1.

Kitzingen attempted to get back in the game during the third inning, but their hitting power was not enough to stop the Grafenwoehr female team from dominating the score board.

The game was called in the sixth inning and Grafenwoehr coasted to their first win, 18-6.

Women's Game 1 Lead Stats

Grafenwoehr's Staysha Beller, Kathy Jordan, and Tiffany Traylor each had in the park homeruns. Kitzingen's Kiahma Dawson had a double.

■ The Kitzingen men's team edged by the Grafenwoehr men with one run and a final score of 6-5 during their first game.

Despite tough defense from Kitzingen and Graf, both teams drew a blank leaving the scoreboard still for several innings. In the seventh and final inning, Kitzingen managed a string of hits to overturn the stalemate, leading them to a tight victory.

Men's Game 1 Lead Stats

Grafenwoehr's Ray Cropps hit a homerun. Kitzingen's John Riesenbail and Jacob Read each had a triple.

■ During the women's second game, Grafenwoehr defeated Kitzingen 19-14. Kitzingen pulled off an impressive second inning by scoring 11 points on Graf, but it was not enough to topple the scoreboard.

Grafenwoehr continued to chip away at Kitzingen and scored scoring in all but two of the competition's seven innings.

When the dust settled and the



Photo by Kevin Jordan

Vilseck first base player Tonia Ramer stretches for a ball that beats a Kitzingen player to first base.

game ended the Grafenwoehr team defeated Kitzingen by a five-point margin.

Women's Game 2 Lead Stats

Grafenwoehr's Bridgette Peterson and Staysha Beller had in-the-park homeruns.

Kitzingen's Tiffany Sellemper and Hollie Norton each had a triple.

■ The men were evenly matched throughout most of their second game. The sixth inning saw the Graf men plug away at Kitzingen's defense,

keeping the pressure on for an ultimate victory.

Men's Game 2 Lead Stats

Grafenwoehr's Mike Cornell and Cesar Aranda each had a triple. Kitzingen's Darrin Inbram had a homerun.

Army takes spotlight at Las Vegas' Arena Bowl

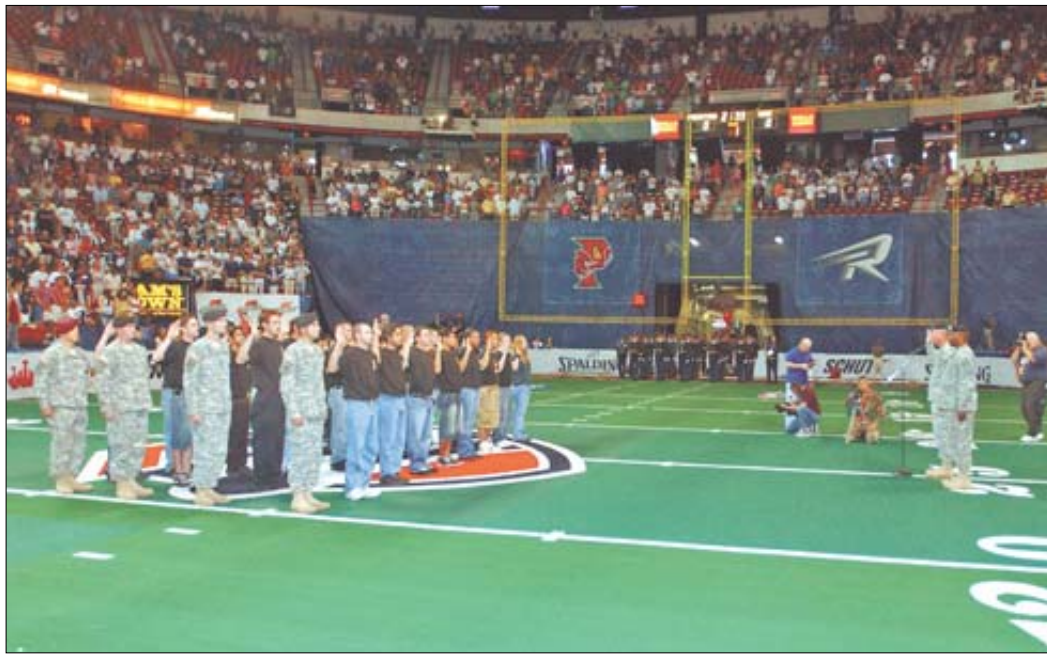


Photo by Pfc. Carl N Hudson

Lt. Gen. Robert Van Antwerp, commanding general, U.S. Army Accessions Command, swears in 48 Soldiers during the Arena Bowl pre-game show June 10.

Army News Service

Members of Las Vegas's 6th Recruiting Brigade celebrated the Army's 231st birthday a few days early at the Arena Football League's Arena Bowl June 10.

In pre-game festivities, 48 newly enlisted Soldiers were sworn into the Army by U.S. Army Accessions Commander Lt. Gen. Robert Van Antwerp.

"Our mission is recruiting, and today we're here to help educate and create awareness about the opportunities the Army offers," said Col. Stephen Wilkins, commander of the 6th Recruiting Brigade. "It's a good reminder to the public of the freedoms and democracy that we enjoy in our great nation."

The Army has sponsored and participated in the AFL for years in hopes that exposure of the Army's traditions will inspire new recruits. Spectators at this year's event were also treated to performances by the U.S. Army Chorale and U.S. Army Drill Team.

With the War on Terror going into its fifth year, many newly enlisted Soldiers will put "boots on the ground" in Iraq or Afghanistan.

"They know the war is not over, and they know they are going to combat," said Staff

Sgt. Sean Patterson, Bronze Star recipient and veteran of Operation Enduring Freedom, now serving with the 864th Engineer Combat Battalion.

"I'm okay with joining in a time of war," said Nicole L. Terschick, 17, of San Francisco. "I'm up for the challenge."

Regardless of Soldiers' reasons for answering their country's call to duty, Van Antwerp said he was impressed by the willingness of today's generation to serve.

"Since 9/11, over 600,000 young people have joined the Army," he said. "It tells me a lot about this generation – the grandsons and granddaughters of 'The Greatest Generation.'"

A traditional cake-cutting ceremony was held on the eve of the Arena Bowl outside Las Vegas's Thomas and Mack Center. Bystanders and Soldiers watched the cake being cut with an Army saber, and the serving of the first two pieces to Command Sgt. Maj. Joseph E. Laplante, the eldest Soldier, and Cpl. Nicholas D. Tibbs, the brigade's youngest Soldier.

This symbolizes the passing of the Army's tradition of honor and success from one generation to the next.

Deep pockets should take back seat to good ol' fashioned sports



SPORTS VIEW

BY WILLIAM WILCZEWSKI

There are many times in life when you ask yourself: "What were they thinking?"

There's the guy who gets treated like a stick of Big Red chewing gum after entering the ocean to test the latest shark-proof wet suit.

Or the guy who gets julienned like a hot potato after trying to feed a grizzly bear a marshmallow with his mouth.

How about the dude that gets flattened like Wile E. Coyote by an irate linebacker after attempting to streak across the 50-yard line in his birthday suit during Monday Night Football.

The latter example is my whole point after reading the cover story of a recent USA TODAY sports page, "Front-row tickets take back seat to once-in-lifetime experiences; Unprecedented access available for fans willing, able to spend"

The article went on to explain about the NHL's new ultra-luxury seats, where fans that are financially so-inclined can literally sit bench-level between the teams in a photographer's pit and likely smell the sweat of players, among other things, at Boston Bruins home games this season.

Sure, I can understand the NHL's need for attracting fans after losing the few loyal ones they had as a result of that petty strike last season, but this is ridiculous.

What were they thinking?

Call me crazy, but has everyone forgotten when tennis star Monica Seles was stabbed by a 38-year-old fanatic in Hamburg in 1993, creating a half an inch deep wound in her upper back?

If you recall, the attack happened during a rest break in a match against Bulgarian player Maggie Maleeva. Seles was leading 6-4, 4-3 when she took a rest on her courtside seat during the changeover.

The perpetrator was reported to have leaned over a three-foot-high barrier and stabbed her from behind, in full view of the 6,000-strong crowd watching the match.

"Nobody saw him coming," umpire Stefan Voss told reporters.

He described the 10-inch-long knife, which fell on the floor following the attack, as "a kitchen knife, like the sort you cut meat with. It was very sharp."

How about when William Ligué Jr. and his 15-year-old son attacked Kansas City Royals first base coach Tom Gamboa at U.S. Cellular Field in Chicago in September 2002?

Gamboa lost his hearing as a result of the melee.

Then there's the more recent but now infamous NBA Ron Artest fiasco, when players went into the stands to battle taunting fans.

How many times does this have to happen before pro sports marketers and owners realize that maybe it's not in everyone's best interest to let fans get so close to the game?

The NHL, however, isn't the only brain-dead organization that is rolling the dice in order to make money in the name of keeping fans happy.

The NBA's New Jersey Nets are selling what they call their Hollywood courtside seats, created by shortening the scorer's table from 60 to 45 feet and booting newspaper beat writers from center court to behind the net, so ticket holders can literally sit elbow to elbow with players and coaches from each team.

Not wanting to be outdone, Major League Baseball's Los Angeles Angels of Anaheim offer dugout suites located behind home plate, putting them closer to home plate than the pitcher's 60 feet, 6 inches.

What's next? Ride-a-longs with NASCAR drivers?

Sure, all these amenities are costly, so not many of your typical fans will be able to afford it. But a lofty paycheck doesn't preclude someone from being a crazed, psycho, Ted Bundy-esque maniac when a few too many Coca-Colas get their blood pumping in the middle of heated Planet Sport competition.

You want to make fans happy? Lower ticket prices. Don't go on strike. Tighten the reins on free agency. Tell players to exhibit just a tad bit of team loyalty and at least fulfill their contracts before whining about making more money.

The idea should be to keep fans in the seats—literally and figuratively.

What do YOU think? E-mail "Ski" at william.wilczewski@knox.army.mil.

William "Ski" Wilczewski is an award-winning journalist and sports editor for Fort Knox's Turret. He has been published in "Chicken Soup for the Sports Lover's Soul" and other publications.

Jobs available for creative seekers

Continued From Page 1

“They say they feel much more comfortable in case of emergency situations and they’re actually applying the skills they’ve learned,” she said. “Some even take the handbook we give with them and use it as a reference tool.”

Svalina said there is no age limit for the course, but participants are generally between the ages of 11 and 15.

According to garrison regulation and the Child Supervision Matrix, seventh grade students can baby-sit any age group while sixth graders can only baby-sit their siblings, said Svalina.

Sixth and seventh graders can baby-sit for up to six hours, but not overnight.

Eight and ninth graders can baby-sit up to 12 hours, but not overnight. Tenth through twelfth graders can baby-sit for three consecutive days but a responsible adult has to be accessible, said Svalina.

The next Red Cross baby-sitter’s

training is scheduled July 11-12 from 8:30 to noon on both days at the Vilseck office, Bldg. 700. The cost is \$35.

Parents and sitters can also advertise their needs or services in the Bavarian News’ free classifieds by visiting <http://www.rlehner.de/milcom/bn/free.html>.

For those who are interested in mowing lawns for summer employment, USAG Grafenwoehr Safety Director Michael Schwarz advises students to take the necessary precautions.

“The American Academy of Pediatric recommends that kids 16 and over can use riding mowers, and kids age 12 and up can use push mowers,” said Schwarz.

“The most important things to me are that parents know their kid’s maturity levels and making sure they wear the right protective gear,” he said.

Other basic safety guidelines include the following:

- Children should never be passengers on ride-on mowers.

- Always wear sturdy shoes while mowing - not sandals.
- Young children should be at a safe distance from the area you are mowing.
- Before mowing, pick up stones, toys and debris from the lawn to prevent injuries from flying objects.
- Always wear eye and hearing protection.
- Use a mower with a control that stops it from moving forward if the handle is released.
- Never pull backward or mow in reverse unless absolutely necessary - carefully look for others behind you when you do.
- Start and refuel mowers outdoors - not in a garage. Refuel with the motor turned off and cool.
- Blade settings should be set by an adult only.

Wait for blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel roads.

Bagging groceries is a popular summer job for teens, but at the time of publication there were no openings

at the garrison commissaries.

“Right now we’re telling kids we will gladly put them on the waiting list, but that list can be about a year long,” said Grafenwoehr Head Bagger Nelly Lamp.

Vilseck Commissary administrator Mike Bathgate said while they have a much shorter list, there are currently no bagging jobs are available.

“But as our sales increase and as more and more people move in to the area, we will need more baggers,” he said.

Other summer jobs include walking dogs, housekeeping, and retrieving mail for families who are away from home.

To find summer employment or locate workers, community members can list their services or needs in the Bavarian News’ free classifieds. Visit <http://www.rlehner.de/milcom/bn/free.html>.

Creative
JOB
Search

Place your free
classified ad in the
Bavarian News!

New plates issued at Grafenwoehr, Vilseck

Continued From Page 1

registration cost dropped from \$20 to \$15. The fee had been increased two years earlier to cover the cost of the “look-alike” plates that resembled, but were not identical to, German license plates. When the fees exceeded the costs, the fee was lowered.

The conversion to German plates involves coordination with host nation authorities in each German county or city that issues plates to a U.S. forces garrison.

Because some German offices did not have plates or numbers readily available, vehicle registry extended the conversion period by 24 to 36 months. The conversion was initially set to conclude in December of 2007.

USAREUR has issued German plates in some locations since February. Other locations will be added as the plates become available.

U.S. Army Garrison Grafenwoehr vehicle

registration offices have begun issuing the new plates. USAG Hohenfels have not received the new plates yet but will inform community members when they arrive.

Grafenwoehr’s vehicle registration station manager, Robert Merkl, said although the new plates are in, motorists will not receive them unless they are registering a new car, transferring a car title to another ID card (sale of a car), or at the time of registration renewal.

Merkl said motorists should visit or call their local offices for more information. At Grafenwoehr, call DSN 475-7254; at Vilseck, call DSN 476-2626; at Hohenfels, call 466-2842.

German license plates indicate their place of issue. For U.S. drivers, the location of their assigned garrison, not their home address, determines which locality appears on the plate.

Grafenwoehr-issued plates will read NEW (Neustadt am Waldnaab); Vilseck-issued plates

will read AS (Amberg-Sulzbach); Hohenfels-issued plates will read NM (Neumarkt).

The impact on both military and civilian personnel will vary, based on the disposition of their units as outlined below and the status of individual Soldiers and employees.

Also, the number of Soldiers reflects authorized positions, while the number of civilians is actual strengths.



New plates will be distributed as available.

School uniform proposal dismissed, dress code approved

Continued From Page 1

Atwood said she saw students with flip flops get tripped up and fall forward on the stairs this year.

The Safe School Committee, or SSC, began reviewing the previous code last year and by October had developed a draft for a new code.

SSC is an organization unique to overseas schools and focuses on safety and security issues that pertain to Department of Defense students outside of the United States.

Atwood said months of research and discussion went into the SSC

draft, and a proposal to adopt school uniforms was quickly dismissed. Currently, no DoD schools overseas have adopted uniforms.

SSC members, including parents, teachers, and students, submitted the draft to the School Advisory Committee, the equivalent of a stateside school board.

SAC, which is also composed of parents, teachers, students, and command group representatives, reviewed SSC’s recommendations and drew up four possible dress codes.

“We mailed the four versions to families with students in the eighth

through eleventh grades, and gave them about one month to give us their vote via e-mail or phone,” said Atwood.

She said only about 10 percent of surveyed families provided feedback. Of the four versions, the vast majority voted for the top two versions, “and there was only two points difference between the two,” she said.

Despite surprisingly poor feedback, Atwood said the vote was final and that the “really amazing thing to me was that we were doing away with the baggie pants and (short) shirts.

“We had student representation throughout the whole process, every step of the way,” she said. “And the students themselves were not opposed to upgrading the standards.

“Even the very long shirts that look like nightgowns, doing away with them was not really an issue for them.

“I went around the school and I would talk to kids who were wearing the baggie pants or very long shirts and ask them what they thought about changing the dress codes,” said Atwood, “and many of them told me, ‘I wouldn’t like it, but I would do it.’”

Vilseck American High School Dress Code

Vilseck American High School students are expected to dress and be groomed in support of the educational program and orderly operation of the school.

The following standards are designed to promote health, safety, contribute to the teaching and learning climate, and to promote a positive image in the community.

TOPS

1. Students may wear long or short-sleeved shirts, jackets, sweaters, and sweatshirts. Vests may be worn individually or over shirts.
2. Shirts must extend below the natural waistline or be tucked in. They may extend no lower than the end of the skirt or pant zipper (from the waist downward – see below).
3. T-shirts, undershirts and wife beaters (for males or females) may be worn only as undershirts and may not show below outer tops. Undershirts may not be visible.

SLACKS, SHORTS, CAPRIS, SKIRTS, AND SKORTS

1. All must be secured at the natural waistline; no sagging.
2. Shorts, skirts, skorts must meet the finger tip test or measure not more than 3 inches from the knee (including the slit).
3. All must be plain or pleated style (cargo pants and jeans accepted if they meet other requirements).
4. Pajama pants or other sleepwear may not be worn.

SHOES

1. Students are expected to wear shoes with supportive soles and sides and closed toes.
- No flip-flops, shower shoes, or soccer sandals.
2. Shoes manufactured with buckles, Velcro clasps or shoestrings will be buckled, attached, clasped or tied securely on both feet at all times. Sandals with back straps may be worn.
3. Bedroom slippers are not permitted.

SPIRIT DAY, DRESS DAY

1. Coaches are encouraged to request team members to dress up the

day of a game or the day of a departure for a game.

2. In support of teams, students and faculty may wear, on the same days, jeans (at natural waistline and without sag) and tops similar to those sold by school organizations for spirit.

ACCESSORIES

1. Shirts with school related monograms and logos are permitted. All other logos must be appropriate to the educational atmosphere (without gang affiliation or sexual innuendos and promoting no drug culture, alcohol, or nicotine based products).
2. Small moderate and safe jewelry is acceptable excluding chains, spikes, or gothic jewelry.
3. Tattoos must be covered.
4. Natural style makeup only – no club or costume makeup.
5. Good manners require that hats, hoods and doo rags be removed upon entering any building and remain off while in any building.
6. Hair bands (not sweat bands) serving the purpose of holding hair in place are appropriate.

7. Hair must be well groomed and styled to allow the wearer’s face/eyes to be visible. The hairstyle of any individual may not interfere with the vision, safety and health of any other individual or the educational process.

GANG AFFILIATION

1. Clothing items, accessories and color combinations identified with gangs will not be tolerated at VAHS.

All staff members are responsible for monitoring dress standard compliance. Final decision and consequences rests with administrators.

NOTE: For special events, the administration, union representatives and student council may agree upon alternate dress.

Dress Standard Guidelines

- Clothing items may not be see-through or laced.
- Spandex items are prohibited
- Cleavage and midriffs may not show
- Strapless tops and spaghetti straps are not acceptable at VAHS

Bavarian News Health Corner

Verb aims to boost teenage activity

USAG G Health Clinic

Blading. Kicking. Climbing. Biking. Dancing. Skating. Jumping. Running.

Summer is here and it is time to MOVE IT! Pick a VERB, any VERB that fits your personality and interests. The VERB campaign, launched by the U.S. Department of Health and Human Services, aims to provide tweens – youth between the ages and 9-13 - and their families with resources to increase their physical activity.

The Evidence:

Children who are physically active are better able to meet the demands of daily physical activity and experience greater self-esteem, confidence, discipline, school achievement, social connectedness, and positive family relationships than their sedentary peers.

But the most important aspect of physical activity among children is that it plays an enormous role in helping youth avoid chronic obesity-related disease.

Consider the evidence about the growing ill health of American children:

Forty percent of children between the ages of 5 and 8 are obese or have high blood pressure or cholesterol levels.

Type II diabetes, unheard of in young adults 10 to 15 years ago, is increasing dramatically across the United States.

Three-quarters of obese teens are unable to change their habits and remain obese in adulthood.

Experts cite a lack of physical activity as the key factor in obesity and obesity-related disease in children.

Experts look to lifestyle behaviors in citing reasons for tweens being overweight. Chief among the behaviors leading to overweight tweens is the amount of time spent in a sedentary position, watching television, playing video games or using a computer.

Screen Time Statistics: The following are statistics related to screen time and the sedentary lifestyle that VERB aims to displace by encouraging tweens to maintain and increase physical activity:

Twenty-six percent of American youth watch four or more hours of television per day.

Sixty-seven percent of American youth watch two or more hours per day. Almost half (48 percent) of all families with children have all four of the latest media

staples: TV, VCR, video game equipment and a computer.

The bedroom of the 21st century child is a multimedia environment. More than half (57 percent) have a TV in the bedroom; 39 percent have video game equipment; 30 percent have a VCR; 20 percent a computer and 11 percent Internet access.

How to Learn More

Visit the VERB Web site, www.VERB.com to find new and exciting ways to add activity to your day.

Source: www.VERB.com

Don’t forget to tell them you read it in the Bavarian News!